

Sun Raysed.

**AUSTRALIAN
DRIED FRUIT BOARD**



RECIPE BOOKLET

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and which is a guarantee of
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AUSTRALIAN DRIED FRUITS.

SUN-RAYSED DRIED FRUITS.

Raised by the Rays of the Southern Sun.

There are three reasons why you should buy Australian Dried Fruits :—

1. Australia offers fruit equal in quality to any in the world.
2. Australian Dried Fruits are produced by your own people, under scrupulously clean Hygienic conditions.
3. Australia buys such large quantities of goods from Great Britain that British people can directly help British Trade and reduce the burden of unemployment by buying Australian Dried Fruit.

BECAUSE—

- (A) The soil and climate of Australia is peculiarly suitable for growing and drying fruit of the very choicest quality.
 - (B) It is of vital importance that all food products should be grown, graded and packed under the cleanest conditions possible.
 - (c) By insisting on your own Grocers supplying you with Australian Dried Fruits, you are helping your own people at no extra cost to yourselves.
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ASK YOUR GROCER FOR
AUSTRALIAN SULTANAS, RAISINS AND CURRANTS.
FAMOUS FOR
QUALITY, FLAVOUR AND CLEANLINESS.

AUSTRALIAN DRIED FRUIT RECIPES

All the recipes in this booklet have been carefully tested,
and are confidently recommended.

Sun-Rayseed Fruit Sandwiches.

Take equal quantities of A.D.F.A. lexias (seeded), sultanas and currants. Put through an ordinary mincing machine, spread on bread and butter, and you have the most delicious, economical, nutritious and healthful luncheon it is possible to provide for growing children. One lb. of raisins equals in nourishing power $1\frac{1}{2}$ lbs. of beef steak. Raisins, with currants, form one of nature's best laxatives. Sun-Rayseed sandwiches are unsurpassed for morning and afternoon tea, ballroom suppers, train journeys and motor trips. The sandwiches keep fresh and moist, and are always appetising.

STEWED RAISINS.

Economical ! Delicious !! Healthgiving !!!

- 1 cup Australian sultanas.
- 1 cup water.
- 1 slice lemon or orange.

Put raisins and water in saucepan and cook slowly for about 15 minutes. Add lemon or orange just before removing from fire. Cool off before serving.

CAKES.

Australian Apple and Currant Cheese Cakes.

1 egg, 2 oz. butter, 2 oz. sugar, 2 tablespoonfuls stewed apple, lemon rind and juice, 4 oz. Sun-Rayseeded currants.

METHOD.—Warm the stewed apple, butter and sugar together, beat in the egg and currants, flavour nicely with grated lemon rind and juice. Bake in pastry-lined patty pans.

Melbourne Rock Cakes.

1 cup dripping or butter, 3 cups flour, essence of lemon or vanilla, 1 cup A.D.F.A. sultanas or currants, 2 cups sugar, 2 teaspoons baking powder, 1 egg, $\frac{1}{2}$ (about) cup milk.

METHOD.—Rub butter and flour sifted with baking powder together, then add sugar and fruit—and mix into a stiff dough with egg and milk. Put pieces the size of a walnut on buttered baking sheet and bake a nice brown.

Adelaide Tennis Cake.

6 oz. butter, 6 oz. sugar, 10 oz. flour, 4 eggs, 6 oz. seeded and chopped A.D.F.A. lemons, $\frac{1}{2}$ lb. A.D.F.A. currants, $\frac{1}{2}$ lb. sultanas, 4 oz. mixed peel, 2 oz. almonds, 1 small teaspoonful of baking powder.

METHOD.—Beat butter and sugar to a cream, then break eggs in one at a time. Add the fruits, peel and almonds, and lastly sift in the flour and baking powder. Time to bake, 2 hours.

Australian Johnny Cakes.

Make a short pastry, roll out thin ; spread A.D.F.A. raisins or sultanas thickly on. Put layer of pastry on top ; roll just enough to keep together. Mark into squares, and when baked they will separate easily where marked.

Australian Fruit Cake.

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 large eggs, 10 oz. flour, 1 lb. A.D.F.A. currants, $\frac{1}{4}$ lb. lemon peel, $\frac{1}{4}$ lb. almonds, $\frac{1}{2}$ teaspoonful carbonate soda, 1 teaspoonful cream of tartar. Cream, butter and sugar together. Add eggs one at a time, beat well after each egg is added. Add currants and peel, then flour in which the soda and tartar were well sifted.

Sydney Cinnamon Coffee Cake.

Beat 1 egg with $\frac{1}{4}$ lb. dripping, $\frac{1}{4}$ lb. sugar and $1\frac{1}{2}$ cups of sugar ; then add $1\frac{1}{2}$ cups strong coffee, in which has been dissolved 1 teaspoonful of carb. soda. Mix well, then add 3 cups of plain flour, 2 teaspoons cream of tartar, 2 teaspoons ground cinnamon and 1 grated nutmeg. Lastly, add 1 lb. A.D.F.A. seeded raisins or sultanas, mix all together, and bake in well-greased tin, with paper at bottom, in moderate oven for $1\frac{1}{2}$ hours.

This cake is very economical, and as good as a Christmas cake.

Sun-Rayesd Soda Cake.

1 lb. flour, $\frac{1}{2}$ lb. A.D.F.A. sultanas, pinch of salt, 2 teaspoons baking powder, 4 tablespoons milk, $\frac{1}{2}$ lb. dripping (butter), $\frac{1}{2}$ lb. sugar, 1 oz. candied peel, 4 eggs, grated nutmeg to taste.

METHOD.—Cream butter and sugar, add eggs, then milk, and dry ingredients. Cook in moderate oven $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

PIES AND TARTS.

Sun-Rayseed Filling for Pies.

1 cup A.D.F.A. sultanas, 1 cup currants, 1 cup seeded raisins, 2 pieces shredded lemon peel, 2 finely-chopped apples, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, little grated nutmeg. Place in saucepan and simmer for 15 minutes. Line a shallow pie dish with short paste, then spread with filling ; cover with paste, and bake in a fairly hot oven.

Sun-Rayseed Mince Tart.

2 apples (cut into dice), 2 tablespoons sugar, $\frac{1}{2}$ lemon peel, 1 tablespoon Sun-Rayseed sultanas, 1 tablespoon Sun-Rayseed currants, a little grated nutmeg.

METHOD.—Peel, cut up and blend. Cover a dish with short crust paste, then put fruit on, put little pieces of butter on the fruit. Cover with a short crust paste. Brush over with castor sugar. Bake for about 25 minutes ; lift ; sprinkle with castor sugar.

PIES AND TARTS.

Aussie Raisin Pie.

Grated yellow rind of one lemon, remainder of lemon chopped ; one cupful seeded raisins, butter size of a walnut, half cup of treacle, one cupful of brown sugar, two cupfuls of water. Boil five minutes ; add five tablespoonfuls of flour and half teaspoonful of salt. Use two crusts. Sufficient for two pies.

PUDDINGS AND FRITTERS.

Aussie Sponge Pudding.

INGREDIENTS: Two cups flour, $\frac{1}{4}$ lb. raisins, $\frac{1}{4}$ lb. sultanas, $\frac{1}{4}$ lb. currants, $\frac{1}{4}$ lb. dates (chopped), $\frac{1}{4}$ lb. A.D.F.A. peaches, 1 dessertspoon chopped citron peel, 1 dessertspoon orange peel, 1 teaspoon spice, 1 cup sugar, $\frac{1}{2}$ lb. beef suet chopped fine, 1 teaspoon carb. soda.

METHOD.—Mix all ingredients thoroughly, then add enough boiling water to mix stiff. Boil four hours. Do not allow water to boil over top of basin when cooking. (No eggs needed.)

Sun-Rayseed Sultana Fritters.

3 cups flour, $\frac{1}{2}$ cup sugar, 3 eggs, 3 teaspoons baking powder, $\frac{1}{2}$ cup A.D.F.A. sultanas. Mix to a thin paste with milk. Fry in boiling fat.

Sun-Rayseed Gelatine Plum Pudding.

(Very Uncommon.)

1 cup of AUSTRALIAN raisins, $\frac{1}{2}$ cup of cooked prunes, well chopped, 1 cup of cooked and finely chopped Sun-Rayseed dried pears or peaches, $\frac{1}{2}$ cup of Sun-Rayseed currants, $\frac{1}{4}$ lb. of chopped lemon peel (or less if preferred). Square of chocolate, cup of sugar, 3 dessertspoonfuls of gelatine, $1\frac{1}{2}$ pints of milk, pinch salt. Place milk, chocolate and gelatine on fire until dissolved; then add other ingredients and pour into mould. When set serve with cream or custard.

Australian Boiled Ginger Pudding.

Shred finely $\frac{1}{2}$ lb. beef suet ; mix with it 2 cupfuls of flour, 1 tablespoonful of ground ginger, 1 cupful of sugar, 1 lb. Sun-Raysed raisins chopped small, two eggs, a little salt, and as much warm milk as will moisten the whole. Put the mixture into a buttered basin, and, having tied a cloth over it securely, boil for four hours.

Sun-Raysed Pudding.

Two level cups flour, 1 cup sugar, 1 pinch salt, $\frac{1}{4}$ cup fine bread crumbs, 1 egg, 1 large tablespoon butter, 1 teaspoon carbonate of soda, little grated nutmeg, a few finely chopped almonds, $\frac{1}{4}$ finely shredded lemon peel, $\frac{1}{2}$ lb. A.D.F.A. raisins, $\frac{1}{4}$ lb. A.D.F.A. sultanas, $\frac{1}{4}$ lb. currants.

METHOD.—Mix all the ingredients (except the butter and carbonate of soda) thoroughly together. Put the butter in a cup and fill it with boiling water. Have ready another cup in which is the carbonate of soda, fill with boiling water. Then pour both cups quickly into the mixture. Stir all well. Put into a cloth wrung out well in boiling water. Boil 3 hours.

Sun-Raysed Poor Man's Pudding.

Half cup each of A.D.F.A. raisins, sultanas and currants, 1 cup bread crumbs, 1 cup suet, 3 cups flour, 1 tablespoon treacle, 2 teaspoonfuls bi-carbonate of soda, a little lemon peel. Boil for three hours. Serve with vanilla sauce.

Australian Steamed Cream Pudding.

1 cup flour, $\frac{3}{4}$ cup cream, 1-3rd cup sugar, 1 teaspoon baking powder, $\frac{1}{2}$ a grated nutmeg, $\frac{1}{2}$ cup A.D.F.A. sultanas or A.D.F.A. currants, little milk.

METHOD.—Put into a buttered basin and steam for two hours.

SWEETMEAT.

Sun-Raysed Fruit Toffee.

Four cups white sugar, 2 cups water, 2 teaspoonfuls of butter, 1 tablespoonful vinegar, 1 cup Sun-Raysed fruit (currants, sultanas and seeded lexias, mixed).

METHOD.—Butter saucepan, bring sugar and water to boil, add vinegar, boil hard (don't stir) until it browns, then add fruit and pour into buttered dish.

SCONES AND BISCUITS.

Australian Scones.

3 cups flour, 1 cup of mixed A.D.F.A. fruit, sultanas, currants, lexias, 2 teaspoons cream of tartar, 1 teaspoon carbonate of soda, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ cups milk, or milk and water.

METHOD.—Sift flour, cream of tartar, soda, salt together. Rub in the butter, add fruit and milk. Cut into scones.

Sun-Raysed Biscuits.

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 2 oz. sugar, a little milk, 1 teaspoon baking powder, 1 egg, 2 oz. Sun-Raysed currants.

METHOD.—Beat butter and sugar to a cream, add the yolk of the egg, and about 1 tablespoonful of milk, add flour and Sun-Rayseeded currants. Roll out thin and spread with the following icing :—Beat the white of the egg well, and add 4 oz. icing sugar (sifted). Put into strips and bake about $\frac{1}{4}$ hour, on greased oven sheet. Strips about 3 inches long. Do not have the oven too hot.

WITHOUT FIRE.

A.D.F.A. Uncooked Fruit Blanc Mange.

Take equal quantities of A.D.F.A. seeded raisins, currants, sultanas, and almonds ; mix and mince thoroughly, moisten with a little lemon juice, and press into a mould ; serve in slices. A palatable and sustaining dish.

Australian Fruit Sandwiches.

Take a cup of Sun-Rayseeded fruits (lexias or sultanas), 2-3rds of a cup of boiled ham, $\frac{1}{4}$ cup of sweet cucumber pickles, and chop small or put through a mincer. Add 1 tablespoonful of lemon juice, and mix with mayonnaise to spreading consistency.

Australian Fruit Rissole.

Mix equal quantities of Sun-Rayseeded sultanas, Sun-Rayseeded currants and Sun-Rayseeded seeded lexias. Put through a mincer ; roll into little balls, and coat with desiccated cocoanut.

Sun-Rayseeded Afternoon Tea Biscuits.

Mince Sun-Rayseeded raisins or sultanas, and spread between two wafers. This is a simple and economical form of making a good afternoon biscuit. Once tried always used.

DRIED STONE FRUITS

PREPARATION OF A.D.F.A. SUN-RAYSED DRIED STONE FRUITS FOR THE TABLE.

DRIED APRICOTS, PEACHES, PEARS, NECTARINES, etc.

When you buy 1 lb. of these fruits you actually receive $6\frac{1}{2}$ lbs. of choice ripe fruit, with only the moisture and stones removed.

All the health-giving properties of Sun-Rayseed fruit—Vitamines, Fruit Sugar and Laxative Juices—are retained, and soaking in water only is necessary to restore the fruit to its original size, colour and flavour.

It is all in the soaking!

A Quick Method of Cooking Dried Peaches, Apricots, etc.

Place fruit in roomy dish. Cover with boiling water in which $\frac{1}{4}$ teaspoonful of carbonate of soda has been dissolved. Soak for $\frac{1}{2}$ hour and pour water off. In the case of peaches, remove skins. Cover with fresh water containing $\frac{1}{4}$ lb. sugar to the $\frac{1}{2}$ pint, and simmer gently till tender. Do not over boil.

Serve when cold with cream or custard.

Australian apricots and peaches treated in this manner will give the best results in all culinary dishes, such as apricot and peach pies, flans and puddings.

These dried fruits make the best jam.

To prove it, try this Recipe:—

Apricot Jam.

1 lb. of Australian apricots, 3 pints water, 3 lbs. sugar, 1 oz. blanched almonds. Wash apricots in cold water, and soak for 16-20 hours in 3 pints of water. Boil half an hour, then add 3 lbs. sugar, 1 oz. almonds, and boil for another half hour, or until jam is thick enough. After adding sugar, keep the jam well stirred. This makes $5\frac{1}{2}$ -6 lbs. of jam, which surpasses that made from fresh fruit in colour and flavour.

A.D.F.A. Sun-Rayseed Apricot or Peach Pie.

Soak 1 lb. A.D.F.A. apricots overnight. Spread uniformly in pie plate previously lined with thin pie crust. Sprinkle with sugar and a little powdered cinnamon. Bake in medium oven for half an hour. In case of peaches remove skins.

Sun-Rayseed Apricot Butter.

Take $\frac{1}{4}$ lb. Sun-Rayseed apricots, stew in a very little water till tender, and pass through sieve. When cool add 1 lb. sugar, $\frac{1}{4}$ lb. butter, 4 well beaten eggs, juice and rind of lemon. Mix altogether, put into a jar in a saucepan of hot water, bringing water to the boil. Stir one way till the consistency of thick cream.

AUSTRALIAN DRIED FRUITS

are dried naturally by the Rays of the glorious Southern Sun.

It takes $3\frac{1}{2}$ -4 lbs. of choice ripe grapes to make 1 lb. of dried sultanas, lexias, raisins and currants.

During the drying process only the superfluous water is removed by evaporation, and the sun turns the luscious fresh grape juices into pure grape sugar. Grape sugar is one of nature's greatest health foods, containing the maximum amount of vitamins, iron and other properties necessary for GOOD HEALTH.

To Business Men.—A few lexia raisins or sultanas between meals make a perfect pick-me-up.

To Sportsmen.—Take a few raisins to sustain you, as they are concentrated energy.

To Parents.—Children like raisins, and remember that grape sugar contains in a concentrated form the vital properties for building up sturdy and healthy bodies.

*GET THE HABIT, and shake hands with
Health every day.*

ASK YOUR GROCER

FOR SUPPLIES OF

AUSTRALIAN SUN-RAYSED DRIED FRUITS.

Australian Dried Fruit Board,

Australia House, W.C.2.

TEL. : CITY 1740.

**AS A SPECIAL TREAT FOR YOUR SUNDAY'S
PUDDING TRY THIS RECIPE.**

Australian Christmas Pudding.

1 lb. currants, 1 lb. raisins chopped fine, 1 lb. sugar, 3 ounces flour, 3 ounces bread crumbs, $\frac{1}{4}$ lb. mixed candied peel, 1 teaspoonful spice, $\frac{1}{2}$ grated nutmeg, 1 teaspoonful salt, 8 large eggs, wineglass full of brandy. Boil 8 hours.

Australian Mincemeat.

3 large lemons, 3 large tart cooking apples, $\frac{1}{2}$ lb. stoned raisins, 1 lb. A.D.F.A. currants, 1 lb. finely chopped beef suet, $\frac{1}{2}$ lb. moist sugar, 1 ounce minced candied peel, 1 gill rum or brandy, 2 tablespoonfuls orange marmalade.

METHOD.—Grate the rind of the lemons, squeeze out the juice and strain into a basin. Boil the remainder of the lemons in water until tender enough to pulp. Bake the apples and pulp them also. Add the remaining ingredients to the first pulp, and mix them all together. Fill the mincemeat into jars, cover each closely with parchment paper, and tie up. Keep in a cool but dry place, and use as required.

**THE BEST FRUIT KNOWN, AND BRITISH GROWN
AUSTRALIAN DRIED FRUITS.**

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*Famous for Quality,
Flavour and Cleanliness*

**RAISED BY THE RAYS
OF THE SOUTHERN SUN**

o o o o

When a Britisher buys
foreign - grown fruit,
Great Britain gets the
fruit, but the foreigner
gets the money

But when he buys
Australian Fruit grown
within the Empire, the
British Empire has both
the money and the fruit

New Zealand